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Free online guide to **UNDERSTANDING YOUR PREGNANCY.**

- Facts about labour and birth
- Build your confidence in becoming a parent
- Developed by midwives and child psychologists

Free online guide to **UNDERSTANDING YOUR BABY.**

- Develop your relationship with your new baby
- Build your confidence as a new parent
- Developed by health visitors and child psychologists



There's also a guide to
**UNDERSTANDING YOUR
CHILD** for parents with
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to 18 yrs of age.

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